

Strengths Inventory

Personal

Health

- A B C My life is full of only healthy stress.

- A B C I have lots of energy, vim and vigor.

- A B C I look great, physically.

- A B C My body is healthy and well taken care of.

- A B C I recover well from illness.

- A B C _____

Financial

- A B C I am financially independent, or clearly on track.

- A B C I am free of credit cards, installment debt.

- A B C I can count on my income each month.

- A B C I have extra money in a safe and available space.

- A B C Money (or lack of it) doesn't hold me back.

- A B C _____

Career

A B C I like, get what I need, from the work that I do.

A B C I have the training, education I need to advance.

A B C I am respected at work.

A B C I get paid well for the work I perform.

A B C

Relationships

A B C My friends love me even more than I need.

A B C My family loves me even more than I need.

A B C I feel a special connection with certain people.

A B C I have a best friend.

A B C People are there when I need them.

A B C

Outlook

A B C I am optimistic about myself and my future.

A B C I trust in a higher power.

A B C I recover well from challenges and difficulties.

A B C I am actively engaged in creating my future.

A B C

Self-Care

A B C I readily put myself first when I need to.

A B C I am free from addiction to substances, food.

A B C I get help quickly/appropriately, when I need it.

A B C

Situational

Communication

- A B C I get my point across, powerfully/consistently.

- A B C People listen and respond to me and what I say.

- A B C I often willingly share my thoughts and ideas.

- A B C I hear beyond what others are saying.

- A B C I can articulate what is really happening.

- A B C _____

Social

- A B C I attract great people to/around me.

- A B C I am graceful in social situations.

- A B C I make people feel great about themselves.

- A B C I delivery parties/events that others love.

- A B C My social calendar is full/nearly full.

- A B C _____

Professional

- A B C I lead a group/staff well.

- A B C I am a great people manager.

- A B C I handle myself well in business situations.

- A B C I know my 'stuff' (technical, info, procedures).

- A B C I meet and exceed my targets and goals at work.

- A B C _____

Challenges

- A B C I recover well from disappointments and problems.

- A B C I anticipate problems and handle them early.

- A B C I don't mind risk. I use it to get what I want.

- A B C I adapt and make the most of changes around me.

- A B C I can count on myself to always survive the worst.

- A B C

Style

- A B C People can count on me to be on time/keep word.

- A B C I am very organized, neat.

- A B C I ask for, and get, what I need.

- A B C I don't gossip/I keep confidences am trustworthy.

- A B C

Pro-action

- A B C I have, and honor, my personal standards.

- A B C I make and follow through on my commitments.

- A B C
